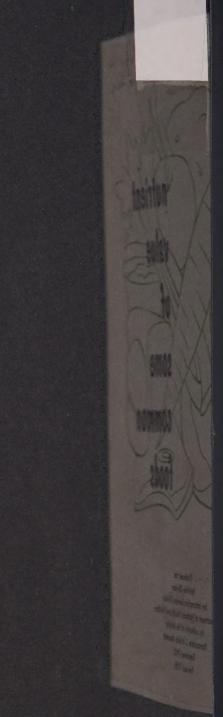
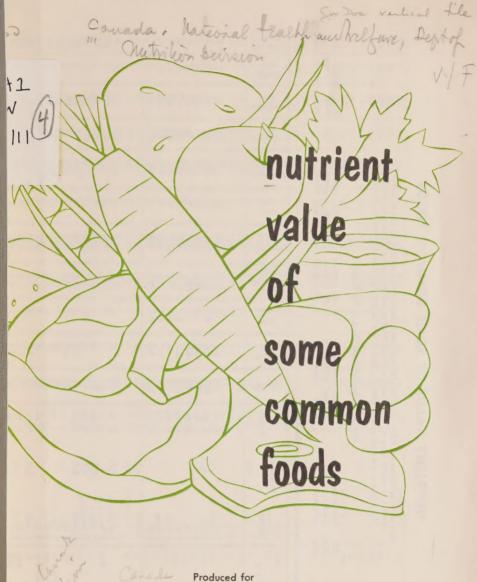


Produced for
Nutrition Division
by Information Services Division
Department of National Health and Welfare
by authority of the Minister
Honourable J. Waldo Monteith
Reprinted 1955
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NUTRIENT VALUE OF SOME COMMON FOODS

Most of these figures are taken from "The Table of Food Values Recommended for Use in Canada", which is available from the Department of Public Printing and Stationery, Ottawa, for \$1.00. Other figures are from various sources. Figures are for raw foods unless otherwise stated.

List of Abbreviations Used in the Table

fr. diam. med.
can. canned lb. pound oz. ounce
pc. piece fr. fresh dr. dried
tsp. teaspoon tbsp. tablespoon sl. slice
international units gram milligram
I.U. Gm.
as purchased edible portion cup (8 fl. oz.)
A.P. C. C.

trace diameter medium

Blank spaces indicate there was no information available.

F000	Medsure	PORTION	Weight	Calories	Protein Gm.	Fat .mĐ	Carbo- hydrate Gm.	Calcium Gm.	lron Mg.	A nimatiV .U.1	Thiamine Mg.	Riboflavin Mg.	Miacin Mg.	Vitamin C Mg.
MILK														
Buttermilk	ن ت		8½ oz.	82	8.4	.2	12.2	.283	.2	ř.	2	.43		7
Dried ckim	ن ر ا∾⊸ا		1 07	105	4.8	ر د. د.	14.6	364	u, c	480	.05	ه. د ج	vi u	- 0
Fluid. skim	ن 			84	8.3	2	12.0	.290	.2	<u>+</u>	60	.42	2 2	2
Fluid, whole			8 0z.	153	8.3	8.3	11.6	.278	.2	380	60.	.40	7	7
Cream, 18%	2 tbsp.			53	œ	5.1	1.2	.029	0	2 10	.0	.04	7.	tr.
Cream, 32%	2 tbsp.			89	7:	9.3	0.1	.023	0	380	0.	.03	±.	Ħ.
Ice cream, plain	Ü HPI		2 4 oz.	163	3.0	10.1	15.8	.133	-	4 10	.03	.20	-	
CITRUS FRUITS &														
TOMATOES	,													
Grapefruit	₹ med.	A.P.	.zo 9	44	9.	.2	1.3	.025	:5	Ŧ,	.04	.02	.2	45
Grapefruit juice can.	ن ا			45	9.	-	1.8	.0 10	4.	÷.	.04	.02	.2	42
Lemon	1 med.	A.P.	3½ oz.	25	9.	4.	5.4	.025	4.	2	.02	.03	-	31
Lime	1 med.	A.P.	1½ oz.	7	7:	±:	3.7	.012	.2	0	.0	±.	7.	ω
Orange	1 med.	A.P.	4 3 oz.	44	٥:	.2	10.9	.032	4.	180	80.	.03	.2	48
Orange juice fr.	ڻ ٽ			53	0.	.2	13.2	.023	.2	230	.10	.04	.2	71
Orange juice, diluted frozen	J.			44	œ	.2	==	010.	e,	100	.07	.02	.2	42
Orange juice can.	ů He			64	7:	.2	16.7	.012	4.	120	.08	.02	.2	20
Orange & Grapefruit juice, can.	J.			63	9.	-	16.7	.011	4.	50	90.	.02	.2	46
	1 med.	A.P.		21	1.0	e.	3.9	.011	9.	1,080	90.	.04	.5	19
Tomato can.	٦ ان		4 oz.	23	1.2	.2	4.5	.013	7:	1,210	.07	.03	φ.	22
Tomato juice can.	ن ا			25	1.2	.2	4.9	800.	3	1.210	90	03	0	18

OTHER FRUIT	_			_	_	-						-			
pple	fr.	1 large	A.P.	5 oz.	76	4	ı,	19.7	800.	4.	120	.05	.04	6,	7
pple juice, vitaminized		ن ا			09	-	0	16.6	700.	9.	20	.01	.04	-	42
pple juice, plain		C)			9	-	0	16.6	700.	9.	50	0.	.04	-	2
pple Sauce, sweetened,	can.	J.		4 3 oz.	92	.2	.2	25.0	.005	5:	40	.02	.02	-	-
pricots	dr.	4 - 6 halves		l oz.	79	1.6	-	20.1	.020	2.3	1.430	.02	90.	0.	3
anana	fr.	1 med.	A.P.	5 oz.	68	1.2	.2	23.0	.008	9.	430	.04	.05	1	01
lueberries	fr.	j.		2 3 oz.	43	4.	4.	10.6	.011	9.	200	0.	0.	.2	7
anteloup	fr.	½, 5" diam.	A.P.	1 lb.	43	1.3	4.	8.6	.036	0:	7,290	-	60.	1.1	70
herries	fr.	10 large	A.P.	2 3 oz.	43	00	4.	10.4	.013	6	440	.04	.04	3	9
herries	can.	& C. pitted		4 oz.	121	7:	-	32.8	.013	c,	490	.03	.02	-	(2)
lates		3 - 4 pitted		l oz.	85	7:	.2	22.6	.022	9.	20	.03	.03	1	0
Srape juice, bottled		C			80	3.	0	21.8	.012	4.		.05	90.	.2	10
Srapes, Malaga type	fr.	1 med. bunch	A.P.	3½ oz.	64	80.	4.	16.2	.016	9.	80	90.	.04	.2	4
eaches	fr.	1 med.	A.P.	4 oz.	46	3	-	12.1	.008	9	1,420	.04	.04	6.	7
eaches	can.			4 oz.	78	3.	-	20.9	900.	٠,	520	0.	.02	00	m
ears	fr.	1 med.		3 toz.	47	ı,	e,	11.8	010.	.2	10	.01	.03		3
ears	can.			4 oz.	78	.2	-	21.2	600.	.2	Ŧ.	.01	.02	-	2
ineapple	can.			4 oz.	06	٠,	-	24.3	.033	7:	06	.08	.02	.2	10
ineapple juice	can.	C)		_	58	4.	-	15.6	.018	9.	100	90.	.02	.2	
lums	fr.	n	A.P.	6 oz.	79		e,	20.2	.027	φ.	550	60.	90.	80.	8
lums	can.	2 - 3	A.P.	4 oz.	83	4.	-:	22.5	600°	1.2	250	.03	.03	4.	-
runes	dr.	6 med.	A.P.	2 oz.	137	1.2	u,	36.2	.028	2.0	096	.05	.08	6.	2
daisins	,	C .		l oz.	8	7:	.2	21.4	.023	1.0	20	.04	.02	.2	tr.
Raspberries	fr.	ů.		3 toz.	52	-	4.	12.4	.036	φ.	230	.02	.05	6.	21
Raspherries	can.	J.		4 oz.	123	7	9.	32.0	.025	9.	120	.02	.05	.2	12
Rhubarb	fr.		ند	3 2 oz.	16	٠,	-	3.8	.051	٠,	30	.0		-	3
Shubarb, sweetened, cooke	0	C)		4 4 oz.	137	u,	-	35.1	.026	.2	20			tr.	2
strawberries	fr.	10 large		3 5 oz.	36	ထ္	.5	8.0	.027	φ,	09	.03	.07	ε,	58
Strawberries	can.	j de		4 oz.	120	9.	.2	32.2	.021						31
Watermelon		-104	A.P.	5 d oz.	22	4.	.2	5.2	500.	.2	450	.04	.04	.2	5
VEGETABLES															-
Asparagus	fr.		E.P.	3 oz.	21	1.9	.2	3.3	.0 18	00	850	.14	.16	1.2	28
Asparagus, green	can.	2 C. drained		3 oz.	20	2.0	6,	2.9	.016	1.6	089	.05	.07		15
Beans, green, snap	fr.		A.P.	3 toz.	36	2.2	.2	6.9	.058	1.0	570	.07	.10	_	23
Beans, green, snap	can.	& C. drained		2 3 oz.	19	0.1	.2	3.5	.027	1.3	380	.03	.04		*
Beans, navy	dr.			13 oz.	152	9.6	7:	27.7	.073	3.1	0	.30	.10	-	_
Beans, yellow	fr.		A.P.	3 to z.	36	2.2	.2	6.9	.058	1.0	140	.07	.10	_	18
Beans, yellow	can.	2 C. drained		2 oz.	14	6.	-	3.0	.022	1.0	80	.02	.04		4
Beet greens	fr.			4 02.	35	2.3	4,	6.4	.134	3.6	7,600	60.	.20		43
Beets	fr.		به	3 oz.	38	1.4	-	8.2	.023	α,	20	.02	.04	6.	13
Beets	can.	\$ C. drained		2 toz.	34	œ.	-	7.8	.017	9.	20	.01	.02		4

FOOD		POR1	PORTION	Weight	Calories	Protein Gm.	fat .mĐ	Carbo- hydrate Gm.	Calcium Gm.	lron Mg.	A nimatiY	Thiamine .BM	Riboflavin Mg.	Niacin Mg.	Vitamin C Mg.
VEGETABLES (Continued)															
	1		EP.		27	2.6	.2	4.4	.104	1.0	2.800	.08	.17	٥.	83
Sprouts	£.		۵.	2 0 oz.	38	3.1	4	6.2	.024	0.	280	90.	=	ئ.	56
	fr.	½ C. shredded		13 oz.	13	7.	-	2.6	.023	.2	40	.03	.02	.2	25
	Ť.		E.P.	-	43	1.2	u;	9.3	.039	æ	12,000	90.	90.	ئ.	9
	can.	½ C. drained		-	28	ئ.	4.	5.8	.023	٠,	15,810	.02	.02	က	က
	fr.		E.P.	3 oz.	25	2.0	.2	4.2	.019	٥.	80	60.	.08	ئ.	59
green	fr.	3 C. 1√2 pc.	E.P.	-	12	œ	-	2.2	.032	u,	9009	.02	90.		5
	fr.			4 oz.	27	1.6	.2	5.1	.121	2.9	3,220	.07	.08	3.	44
	ŧ.	1 ear	A.P.	1 lb.	89	3.2	1.0	17.6	800.	4.	340	.13	.10	1.4	0
MC MC	can.	2 C. cream style		4 oz.	86	2.3	٥.	18.5	.005	9.	230	.03	90.	0.1	9
	fr.		۳.	14 oz.	_	4.	<u>+</u>	1.4	.005	7.	0	.02	.02	-	4
Lettuce, green, leaf	fr	leaves 2 large		14 oz.	9	4.	-	1.0	.022	4.	570	0.	.03	-	4
	fr.		E.P.	3 ½ oz.	26	2.4	e.	4.0	600.	1.0	0	01.	.44	4.9	2
	1		۳.	3½ oz.	47	1.4	.2	10.3	.032	ı,	20	.03	.04	?	13
Parsnips	fr.		щ. Р.		73	1.4	4.	16.4	.051	9.	0	.07	=	.2	16
Peas	fr.	Ci -	E.P.	2 4 oz.	71	5.0	e,	13.3	910.	1.4	510	.26	.12	5.0	20
Peas	can.	½ C. drained		3½ oz.	88	4.5	9.	17.2	.032	2.1	670	.12	90.	0.1	6
	dr.				96	6.7	4.	17.1	910.	1.3	100	.22	.08	٥.	-
	fr.		A.P.	2½ oz.	17		-	3.4	900.	.2	370	.02	.04	.2	7.1
	fr.		A.P.	5 toz.	105	2.5	-	24.1	.014	6:	30	.14	.05	1.5	21
is, sweet	fr.		A.P.		158	2.3	٥:	36.0	.039	٥:	6,930	.12	90.	ထ့	28
	fr.		F		9	4.	7.	1.3	.01	e.i	10	<u>o</u>	.0	-	7
	fr.		F. P.	3½ oz.	22	2.3	e.	3.2	.081	3.0	9,420	=	.20	۰,	29
	can.	½ C. drained		3 oz.	25	2.6	ı,	3.1	.105	1.7	6,490	.02	9.	က္	12
Squash, winter	,		A.P.	54 oz.	47	7:	ω,	8.6	.038	.7	5,490	90.	.13	9.	٥.
Iurnip, yellow	-	2 C. cubed	F. P.		40	-	-	8.0	000.	4.	330	0.	80.	٥.	30
WHOLE GRAIN CEREALS															
Flour, whole wheat				l oz.	95	3.8	9.	20.1	800.	٥.	0	71.	.05	1.7	0
Oats, rolled, dry				l oz.	86	3.6	1.8	17.0	.013		0	.18	.04	.2	0
Rice, brown		2 tbsp.		l oz.	103	2.1	٠,	22.0	110.	9.	0	60.	.01	1.3	0
Wheat, flakes		C)			107	3.2	3.	24.1	.014	o:	0	.02	.05	1.4	0
Wheat, germ		1 tbsp.			19	1.3	ı,	2.5	.004	4.	0	2.	.04	.2	0
Wheat, shredded		1 biscuit		l oz.	108	3.0	æ.	24.0	.014	1.0	0	.08	.04	1.3	0
Wheat, whole		ڻ ⊸⊸		l oz.	102	3.0	9.	22.9	110.	1.0	0	=	.04	1.2	0

REFINED CEREALS				_	_	_					_			
Barley, pearled	2 tbsp.		1 oz.	109	2.5	ei.	23.6	.005	40.0	0	.04	.02	0:	0
Cornmeal, dry	3 thsp.		1 02.	102	0.0	- ~	22.2	2007	ية د	0 6	÷ 2	.02	wi a	00
Farina, dry	3 tbsp.		1 oz.	===	3.3	2 7	23.2	.008	i ei	000	0.4	0.00	4.0	00
Flour, all purpose, white	Ú,		1 oz.	66	3.4	e.	20.1	.005	.2	0	.02	.0.	. 2	0
Flour, enriched, white	0		1 oz.	66	3.4	e,	20.1	.005	ω	0	.12	80.	1.0	0
Macaroni, or spagnetti	. C. I. Pc.		l oz.	108	3.6	4	21.7	900.	4.	0	.03	.02	9.	0
Noodles	. C. 1.		l oz.	109	3.6	1.0	20.8	900.	9.	9	90.	.03	1.	0
Rice, white	2 tbsp.		l oz.	102	2.2	-	22.5	700.	.2	0	.02	.01	3.	0
Tapioca, minute	3 tbsp.		14 oz.	126	.2		30.2	.004	4.	0	0	0	0	0
Wheat, puffed	- 0.		\$ 0Z.	47	1.6	.2	12.0	700.	3.	0	tr.	.03	7:	0
BREAD, CRACKERS												1		-
White, enriched	1 sl.		1 oz.	83	2.5	1.0	15.7	020	10	0	07	0.5	1	c
White, no milk	1 sl.		1 oz.	80	2.5	9.	15.7	600	. 2	0	000	000	. 4	0 0
White, 4% milk	1 sl.		1 oz.	82	2.6	1.0	15.5	.024	.2	0	.02	.03	. 67	0
Whole Wheat *	1 sl.		l oz.	72	2.8	οó	14.7	.015	1.	0	.05	.03	1.0	0
Raisin	1 sl.		l oz.	85	2.1	6.	17.3	.024	4.	tr.	.02	.03	3	0
Rye	1 sl.		l oz.	73	2.7	4.	15.7	.022	5:	0	.05	.02	4	0
Crackers, graham	2½ × 2¾			39	αį	1.0	7.4	.002	.2	0	.03	.01	.2	0
Crackers, soda	24 x 22"		1/5 oz.	25	9.	۰,	4.4	.001	-:	0	tr.	Ħ.		0
MEAT														
Beef, hamburg			4 oz.	364	18.2	32.0	0	.025	2.6	0	.08	.16	4.3	0
Beef, round		E.P.	4 oz.	207	22.1	12.0	0	.012	3.3	0	60.	.19	5.3	0
Beef, corned			2 oz.	122	14.4	7.0	0	.011	2.4	0	10.	.14	1.9	0
Chicken, roaster		d.	4 oz.	227	22.9	14.3	0	.016	1.7	0	60.	.18	0.6	0
Lamb chop, loin	2 chops	A.P.	6 oz.	460	19.3	41.9	0	.012	2.8	0	.17	.24	5.6	0
Lamb, leg		r ir	4 oz.	266	20.4	19.8	0	.011	3.0	0	.18	.25	5.9	0
Bort Lacon, side				731	1.77	0.01	ا ئ	910.	1.5		.74	-1	4.0	
Port, those loss		, r. r.		2/2	0.0	39.0	,	800.	3.	0	.23	.07		0
Port hom cured holled				200	20.0	32.0	0 0	.013	3.2	0 (.85	. 18	2.9	0
Dort shoulder				010	4.7	13.0	0 (c00.	C.1	0	.5/	.T5	2.9	0
Pork, shoulder		. F. P.		3/8	16.8	34.0	0	.023	2.5	0	.80	.34	4.6	0
York, spareribs		A. Y.		47.2	19.8	43.0	0	.011	3.0	0	1.24	.24	5.3	0
Vedi, leg, round		1 i	4 oz.	187	22.1	10.0	0	.012	3.3	0	.16	.30	7.4	0
Veal, srew mear		a.		131	10.4	10.0	0	900.	1.5	0	.07	.14	3.5	0
VARIETY MEATS														
Bologna			2 oz.	133	8.9	9.5	2.2	.005	1.3	0	.07	.08	1.5	0
Heart, beef			4 oz.	125	19.4	4.3	.8	010.	5.3	30	.67	1.02	8.9	7
									-	-	-	-	-	-

* Percentage of Whole Wheat unknown.

FOOD	Measure	PORTION	Weight	Calories	Protein .mD	fat Gm.	Carbo- hydrate Gm.	Calcium Gm.	lron Mg.	A nimotiV .U.1	Thiamine Mg.	Riboflavin Mg.	
VARIETY MEATS (Continued) Heart, pork			4 oz.	134	19.4	5.5	بئ	.040	3.1	30	.49	1.43	
Kidney, beef			3 2 oz.	141	15.0	8.1	0:0	.009	7.9	1,150	.37	2.55	-
Liver, beef			3 oz.	115	16.7	2.7	5.1	900.	5.6	37,320	.22	2.83	= ~
Liver, pork			3 oz.	114	16.7	4.1	1.4	800.	15.3	12,070	.34	2.53	14
Tongue, beef, cooked				160	11.6	12.2	ci c	.004	1.5	0 0	.03	.13	(
Wiener Wiener	2 med.		3 oz.	206	11.4	16.4	2.2	.033	1.5	00	.13	. . 4	2.3
FISH													
Cod		E.P.	4 oz.	86	19.0	3.	0	.012	.5	0	.07	.10	2.
Haddock		E.P.	4 oz.	94	20.9	-	0	.026	φ.		90.	60.	-
Halibut		E.P.		162	27.0	5.2	0	.015	φ,	510	.10	.21	6.
Lobster can.	ئ.			909	12.0	œ	e.	.042	5.		.02	.05	
Mackerel		щ. С.		2 18	21.5	14.0	0	900°	1.2	520	.17	.40	9.
	5 med.	е. С. 1	4½ oz.	102	12.2	2.6	7.0	.118	7.0	400	.19	.25	
Salmon It.		E.P.		/07	20.0	0.6	0 (0.	360	.12	.26	8
Salmon can.		e u	4 oz.	196	22.9	10.9	0 0	.294	4.	260	.04	8.	8.3
Willetish		E.F.	4 oz.	1/8	70.0	4.7	>	970.	C:-		2.	01.	4.4
OTHER PROTEIN FOODS													
Cheese, cheddar	1" cube		3 OZ.	80	5.0	6.4	4.	.145	.2	280	Ħ.	.08	#
Cheese, cheddar, processed			l oz.	105	9.9	8.5	9.	.191	e.	370	.01	.12	=
Cheese, cottage, skim milk	j		2 oz.	53	10.7	e.	1.1	.053	.2	10	.01	.17	•
Cheese, cream	2 tbsp.		l oz.	106	5.6	10.5	, o.	.019	-:	4 10	Ħ.	90.	#.
Eggs			14 oz.	72	2.7	5.1	e.	.024	1.2	510	.04	.13	+
Peanut Butter	l tbsp.		2 oz.	8	3.7	6.7	2.9	010	uî i	0	.02	.02	2.3
Nuts, assorted, shelled	8 - 12		\$ 0Z.	94	2.5	8.0	2.7	.014	ς:	က	60.	.02	9.
FATS								-					
Butter	1 tbsp.		₹ oz.	108	-	12.2		.003	0	200	Ħ.	#.	+
Lard	1 tbsp.		1 oz.	128	0	14.2	0	0	0	0	0	0	_
Margarine, fortified	1 tbsp.		1 0z.	109	-:	12.2	-	.003	0	530	0	0	0
Mayonnaise	1 tbsp.		20 oz.	106	.2	11.7	4.	.003	.2	30	0.	.01	
Salad dressing, boiled	1 tbsp.		2 OZ.	25		2.0	2.0	.014	-	80	0.	.03	Ť.

Sweets Candy, bar, average		2 oz.	27.1	5.2	13.0	34.9	.050	1.4		.03	00	60	c
Candies, packaged, average		2 oz.	263	2.9	11.9	38.0	.040	1.6		.04	.07	2.3	0
Honey, strained	1 tbsp.	\$ 0Z.	62	-	0	15.9	.001	.2	0	#.	0.0	7	-
Marmalades, jams	1 tbsp.	3 oz.	26	-	-:	14.2	.002	-	#.	Ť.	1.	1	-
Molasses, light	1 tbsp.	3 OZ.	20			13.0	.033	0:		0.	.01	1.	
Sugar, brown	I fbsp.	1 oz.	33	0	0	9.8	700.	.2	0	0	0	0	0
Sugar, white	1 fbsp.	2 0Z.	48	0	0	12.4	0	0	0	0	0	0	0
Syrup, chocolate	1 tbsp.	3 oz.	42	.2	.2	11.3	.003	c,					
Syrup, corn	1 tbsp.	3 OZ.	22	0	0	15.0	600.	œ	0	0	ţ.	+	0
Syrup, maple	1 tbsp.	3 OZ.	20			12.8	.033	9.					
MISCELLANEOUS											1		
Beer, average	1 glass	8 oz.	114	1.4		10.6	010	0	0	1	07	4	C
Carbonafed, average	1 bottle	6 oz.	78			20.4		,	•		2	?)
Whiskey, average		1½ oz.	120										
Wine	1 wine glass	4 oz.	114			5.8							
Cake, plain, no icing	3" x 2" x 1½"	2 oz.	180	3.5	4.5	31.4	.085	2	200	.02	.04	.2	0
Cookies, assorted	1, 3" diam.		109	1.5	3.2	18.8	900.	.2	0	.01	0.	-	0
Pie, 2 crust, fruit, average	1/6 med, pie		393	4.1	13.1	8.99	.025	1.2	280	.05	.04	9	· en
Pie, cream, average	1/6 med. pie		286	7.3	12.9	36.4	.113	œ	340	.05	80	3	0
Pie, I crust, average	1/6 med. pie		295	4.3	5.6	50.8	.046		860	.04	.08	9.	00
Griddle cakes, wheat (2)	4½" diam.	3½ oz.	2 18	6.8	9.2	26.6	.158	9.	200	90.	.13	6.	Ħ.
Muffins	1 med.		134	3,8	4.0	20.2	660.	αģ	20	60.	.10	7:	0
Muffins, bran	1 med.	14 oz.	86	2.5	2.9	13.9	.035	1.3	9	.07	60.	1.5	
Waffle, plain, average	5½" diam.	2 4 oz.	232	5.1	14.0	21.4	.059	0.	180	.12	.16	00	fr.
Olive, green, pickled	1 med.	10 Gm.	=	-	-	e,	700.	-	20	fr.			0
Pickles, dill	med.		9	6.	-	1.0	.012	9.	160	tr.	.03	fr.	e
White Sauce, med.	. ↓ C.		105	2.6	8.1	5.7	.075	-	330	.02	01.	-	Ť.







